


1. Read the posts. What sport does Jay play?

http://www.teenagehealth.com


Q: I'm singing in a competition with my school's show choir next week, but I have a very bad cold. I really want to sing. What can I do?
Lena, 14, Missouri

A: You should drink lots of water and juice. My grandma says that chicken soup is great for a cold, too. You can also eat garlic, but that isn't very nice for other people. 😊
Heidi, 15, Chicago



Q: I have a headache and a fever. In three days I'm playing basketball for my school team. I'm the captain. I don't want to miss it. Please help!
Jay, 13, Baltimore

A: Try a green apple for the headache. Don't eat it, smell it! The smell helps you relax, and this should help your headache. For the fever, make sure you rest and drink a lot of water. You shouldn't look at any computer or TV screens. Go to your doctor if you aren't feeling better tomorrow.
Max, 14, Austin



2. Circle T (true), F (false), or NI (no information) according to the posts.

- Lena is playing with her school orchestra. T / F / NI
- Lena's choir performance is next week. T / F / NI
- Lena is singing on her own during the performance. T / F / NI
- Jay has a headache and a fever. T / F / NI
- Jay plays baseball. T / F / NI
- Jay is the captain of his school basketball team. T / F / NI

3. Choose the correct answer. Circle a or b.

- What is wrong with Lena?
 - She has a cold and a headache.
 - She has a very bad cold.
- What should Lena do, according to Heidi?
 - She should drink water or juice.
 - She should eat an apple.
- Why is eating garlic not always a good idea?
 - Because it isn't nice for other people.
 - Because you can feel nauseous.
- When is Jay's team playing basketball?
 - Next week.
 - In three days.
- What does Max suggest for Jay's headache?
 - Smelling a green apple.
 - Eating a green apple.
- What advice does Max give Jay for his fever?
 - He should rest, drink water, and he shouldn't look at TV or computer screens.
 - He should go to bed and sleep for a long time.